

15 - Coping with Covid - Morning

Laugh it off: A radiology technician reviewed some X-rays of a patient who had multiple fractures of the femurs and pelvis. 'What on earth happened to this patient?' he asked. 'He fell out of a tree,' was the answer. "What does this man do?" he asked. "The paperwork says he works for Mark's Expert Tree Pruning Service.' The radiologist smiled, 'Cross out 'expert.'

God's Comfort: Proverbs 18:8, 11, 17 8 He who gets wisdom loves his own soul; He who keeps understanding will find good. 11 The discretion of a man makes him slow to anger, And his glory is to overlook a transgression. 17 He who has pity on the poor lends to the Lord, And He will pay back what he has given. Psalm 101:1-3 I will sing of your love and justice; to you, Lord, I will sing praise. 2 I will be careful to lead a blameless life— when will you come to me? I will conduct the affairs of my house with a blameless heart. 3 I will not look with approval on anything that is vile.

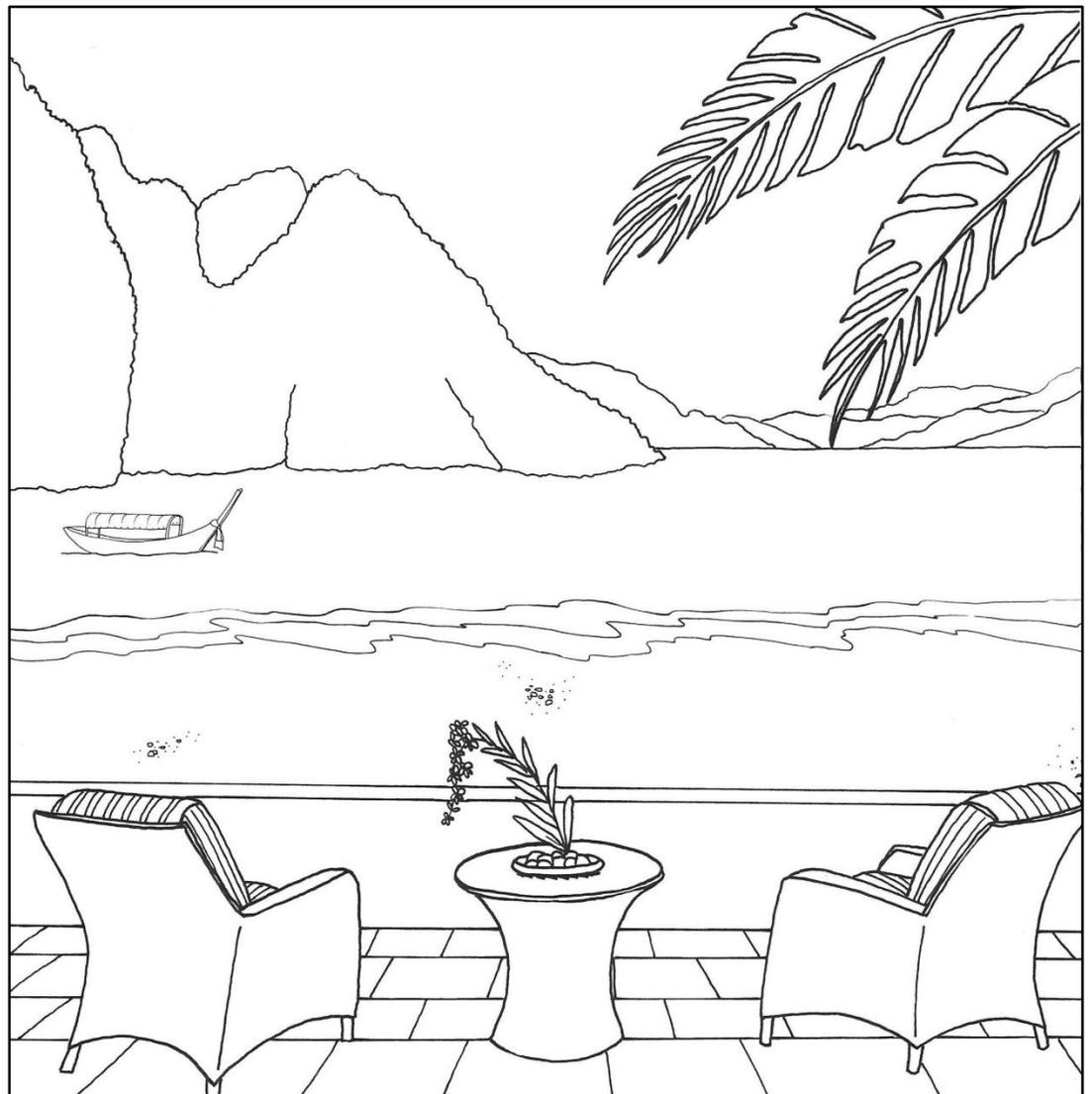
Pray daily - God is easier to talk to than most people – Lord, I awake and see your light, For You have kept me through the night, To You I lift my hands and pray, Keep me from sin throughout this day, And if I die before it's done, Save me through Jesus Christ, Your Son.

National Day Today

(April 3): Hug a Newsman Day, International Pillow Fight Day, National Birding Day, National Cordon Bleu Day, Vitamin C Day

Coloring Page: Have fun coloring this picture. Free coloring pages and download - Uncle Rocky Fireman – Fire! at

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15 - Coping with Covid - Noon

Laugh it off: At our hospital, we ask new patients if they have any allergies and then print and give them a wrist band with the allergy printed on it. One day, an older lady checked in. She stated she could not eat bananas and she was given an allergy band. Later that day, the charge nurse had a humorous moment when she calmed down an irate son who wanted to know, 'Who's responsible for labelling my mother 'bananas'?'

God's Comfort: 1 Peter 4:1-6 Therefore, since Christ suffered for us in the flesh, arm yourselves also with the same mind. . . 3 For we have spent enough of our past lifetime in doing the will of the Gentiles—when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries. . . 5 They will give an account to Him who is ready to judge the living and the dead. 6 For this reason the gospel was preached also to those who are dead, that they might be judged according to men in the flesh, but live according to God in the spirit.

Historical Perspective (April 3): 1860 - First Pony Express riders leave St. Joseph, MO and Sacramento, CA. 10 Days to cross country. **1910** - Mt. McKinley (Alaska) climbed. **1948** - President Harry Truman signs Marshall Plan **2010** - First Apple iPad released. **1955** - Fred Astaire appears on TV with Ed Sullivan. **1783** - Washington Irving born ("Rip Van Winkle", "The Legend of Sleepy Hollow"), **1924** - Doris Day born, **1961** - Eddie Murphy born ("48 Hrs.", "Beverly Hills Cop")

Writing for Fun: Your children/grandchildren always enjoy learning about what you did as a kid or where you went as a family. Today, write a letter to them of something you liked to do.

Sample: Dear Family, I grew up in a house with a patio and brick wall just to the left of the side door. The wall was perfect to pitch against and the patio made it easy for the ball to bounce or roll back to me. My brothers and I pitched against the wall for hours with tennis balls, rubber balls, and finally real baseballs. I'd rear back and throw, rear back and throw, and rear back and throw. I got good, but even good pitchers lose their control and throw a wild pitch. Throwing to the right it was not a problem as it was brick wall and the ball bounced back to me. Throwing to the left, however, the library window became the backstop and usually shattered. My dad, a believer in raising boys finally said, "Just pay for the window when it breaks. Love Poppa

Your letter here or on your own paper.
No size limit.

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15 - Coping with Covid - Supper

Laugh it off: Groucho Marx – “I would never belong to a club that would have me as a member.” “Those are my principles. If you don't like them, I have others.” “I never forget a face, but in your case, I'll be glad to make an exception.” “While hunting in Africa, I shot an elephant in my pajamas. How an elephant got into my pajamas, I'll never know.”

Victor Borge - 'The difference between a violin and a viola is that a viola burns longer.'

God's Comfort: John 1:43-49 43 . . . He found Philip and said to him, “Follow Me.” . . . 45 Philip found Nathanael and said to him, “We have found Him of whom Moses in the law, and also the prophets, wrote—Jesus of Nazareth, the son of Joseph.” 46 And Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” 47 Jesus saw Nathanael coming toward Him, and said of him, “Behold, an Israelite indeed, in whom is no deceit!” 48 Nathanael said to Him, “How do You know me?” Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.” 49 Nathanael answered and said to Him, “Rabbi, You are the Son of God! You are the King of Israel!”

Quotes/Other Wisdom:

Laughter is the shortest distance between two people.

– Victor Borge

Float like a butterfly, sting like a bee. - Muhammad Ali

Nonviolence is a weapon of the strong. - Mahatma Gandhi

It does not matter how slowly you go so long as you do not stop. - Confucius

Games: Ireland Word Search

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